38.

Fill the gaps in the following summary.

The speaker _____ the lives of 5000 people as they attempted to achieve their New Year's resolutions. 10% of the people were successful, and they all followed five simple _____. First, they broke their goal into a _____ of smaller steps. Second, they told friends and family what they were trying to achieve. Third, they regularly _____ themselves about the benefits of obtaining their goal. Fourth, they gave themselves a small _____ each time they obtained one of their small steps. Finally, they _____ their progress, so they knew exactly where they were.

LIVEWORKSHEETS